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**Press Release** – For Immediate Release

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**South Central Public Health District and Nurture Partner to Provide Wellness Event at Boys and Girls Club**

TWIN FALLS-Improving the health of our children is more important than ever. In an effort to increase physical activity and promote healthy nutrition, South Central Public Health District (SCPHD), in partnership with Nurture is providing a wellness event. Children who are enrolled at the Boys and Girls Club of the Magic Valley are encouraged to attend the event on April 3, 2014.

During this event, Boys and Girls Club participants will have the opportunity to explore and learn about the importance of physical activity and nutrition. They will be able to sample a variety of fruits and vegetables and participate in two different physical activity stations. The University of Idaho will discuss the importance of eating a healthy breakfast, and the Idaho Dairy Council will present “Think your Drink,” a presentation that will show how much sugar is in popular drinks.

This opportunity is sponsored through funding from Nurture for SCPHD to facilitate the event. Nurture’s mission is to educate children, families, and communities about making healthy, affordable food choices and getting physically active. The event is also made possible through the generosity of other organizations, such as the University of Idaho and the Idaho Dairy Council.

For more information about the Wellness Event, please call Susie Beem at 208-737-5946. For more information about Nurture, please visit their website at [www.nurtureyourfamily.org](http://www.nurtureyourfamily.org).

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